



ACUTE SUICIDE RISK

RED FLAGS OR DIRECT INDICES	ORANGE FLAGS OR INDIRECT INDICES	PROTECTIVE FACTORS
<ul style="list-style-type: none"> • SUICIDAL IDEATION <ul style="list-style-type: none"> – Passive thoughts about wanting to be dead – Active thoughts about suicide • SUICIDAL COMMUNICATION <ul style="list-style-type: none"> – Indirect “I won’t be around much longer” – Active “I want to kill myself” • SUICIDAL PLAN, PREPARATION, REHEARSAL <ul style="list-style-type: none"> – Specific time and/or method, acquiring means, writing suicide notes • SUICIDAL INTENT <ul style="list-style-type: none"> – Belief that they will kill or hurt themselves 	<ul style="list-style-type: none"> • Perceiving themselves as a BURDEN TO OTHERS • Severe HOPELESSNESS and/or PESSIMISM • LOSS OF PLEASURE in usual activities (Anhedonia) • Increasing AGITATION, ANXIETY, or RESTLESSNESS • COMMAND HALLUCINATIONS urging suicide • Inability to CONCENTRATE or make DECISIONS • SLEEPING too much or too little • Increased, excessive, use of ALCOHOL or DRUGS • Preoccupation with anticipated LOSS or STRESSOR • Precautions against discovery, DECEPTION or CONCEALMENT. 	<ul style="list-style-type: none"> • HOPE for the future • Sense of SELF-EFFICACY • Attachment to BEING ALIVE • Valued RESPONSIBILITY to family, friends, pets, etc... • Protective SOCIAL NETWORKS • ATTACHED TO THERAPIST • FEAR OF DYING, pain, failed attempt, etc... • Fear of SOCIAL DISAPPROVAL for suicide • Belief that suicide is IMMORAL or will be PUNISHED in the after life • Strong SPIRITUAL beliefs that don’t approve of suicide

IN A CRISIS

